A native of San Diego, California, CAPT Ramirez graduated from Loma Linda University in 1991 with a Bachelor of Science degree in Nursing. In 2005, he completed his Master of Arts in Diplomacy from Norwich University, the oldest private military college in America and the birthplace of ROTC.

Prior to joining the U.S. Navy, Captain Ramirez worked as a float nurse at Loma Linda Community Hospital. He gained valuable experience and clinical flexibility working in the medical-surgical and pediatric units.

His tours include staff nurse, Multi-service Unit and Clinic Manager, Ambulatory Care Clinics, Naval Hospital Sigonella; Division Officer of Pediatrics, Command Fitness Leader, Naval Health Clinic Annapolis; Inpatient Nurse of the Day and Clinic Manager for the Bone and Joint/Sports Medicine Institute, Naval Medical Center, Portsmouth, Virginia. Upon arrival to Charleston, he was chosen to serve on the USNS Comfort to provide humanitarian care to thousands of victims of Hurricane Katrina in Pascagoula, Mississippi and New Orleans, Louisiana. Upon completion of deployment, he returned to Charleston as the Division Officer for Wellness and later was selected as the Director of Branch Clinics, Naval Health Clinic Charleston, South Carolina.

In July 2009, he was selected as Department Head of Inpatient Services & Assistant, Director of Nursing Service, U.S. Naval Hospital Guam. In July 2010, he was hand-selected for deployment to serve as the Director of Nursing Services for Expeditionary Medical Facility Kuwait (KILO DET). Upon completion of a very successful deployment, he returned to Naval Hospital Guam on March 2011. From May to July 2011, he also served as Interim Senior Nurse Executive of Naval Hospital Guam. In September 2011, he served as the Senior Nurse Officer for the Directorate of Branch Clinics, Naval Hospital Camp Pendleton. By April 2012, he was appointed as the Director of Branch Clinics, responsible for 500+ personnel, leading eight primary care clinics across two states, to include one Marine Centered Medical Home. By 2015, he was selected to serve as the Senior Nurse Executive for U.S. Naval Hospital Naples, Italy. Subsequently, he began his Executive Officer tour at Naval Hospital Beaufort in 2018, leading his team in the delivery of high-quality care to 24,000 eligible beneficiaries while contributing to the "Making of Marines" [in-processing] of 22,000 Marine recruits per year. On 18 June 2020, CAPT Ramirez assumed Command of Navy Medicine Readiness and Training Command Guantanamo, Cuba; U.S. Naval Hospital Guantanamo Bay, Cuba; and Joint Medical Group Guantanamo Bay, Cuba.

In addition to numerous unit and service awards, Captain Ramirez' personal awards include the Meritorious Service Medal with three gold stars, Navy and Marine Corps Commendation Medal with four gold stars, and Navy and Marine Corps Achievement Medal with one gold star.

Captain Ramirez is married to Dorothy "Dot" Ramirez and has four children, Morgan (22), Ryan (21), Dani (19) and Mia (13).